



# Mary Washington Healthcare Mary Washington Hospital

Thank you for choosing the Mary Washington Hospital Diabetes Management Program, located in Massaponax, Va (just south of Fredericksburg).

**Your initial appointment is scheduled for:**

**Date:** \_\_\_\_\_

**Time from:** \_\_\_\_\_ **to:** \_\_\_\_\_

**Location:** 5008 Southpoint Parkway Fredericksburg, VA 22407

You need to arrive 10 minutes prior to your initial appointment.

\*We request a minimum of 24-hour notice if you must cancel your appointment.

Please fill out the Health History and the Universal Medication forms enclosed and bring them to your appointment.

It is your responsibility to contact your insurance company to confirm their coverage of our service and to inquire whether you need a referral or pre-authorization. **Should you need either**, please confirm that we have the information at least 24-48 hours prior to your appointment. As a courtesy, Mary Washington Hospital will bill your insurance company for your diabetes education.

### We request that you:

- Eat prior to your appointment.
- Bring your completed Health History form.
- Bring the completed Universal Medication form or a list of all your medications (including doses).
- Be prepared to show your insurance card.
- Bring your blood sugar meter and logbook if you currently are checking your blood sugars. You do not need to buy a meter if you do not already have one. We will assist you with that process.
- Please feel free to bring a guest (spouse, friend, family member).

Our health care team of diabetes experts is committed to helping you and your family develop the skills, knowledge and confidence to control diabetes. The Mary Washington Hospital Diabetes Management Program, located in Massaponax, Va, has earned the American Diabetes Association Recognition for quality patient education. Directions to our location can be found at [www.MaryWashingtonHealthcare.com](http://www.MaryWashingtonHealthcare.com).

If you have any questions, please feel free to contact us at 540.741.2210.

Cathy Peterjohn, MS, RD, CDE  
Program Manager

### Our Educators:

Suzanne Amoruso, RD, CDE	Kathy Day, RNC, CPCE, CDE
Leann Curtis, RD	Lana King, RN, BSN, CDE
Joanne Fortune, MS, RD, CDE	Lynne Ripper, RN, BS, CDE
Violet Jones, MS, RD, CDE	Lucy Xiao, RN, BSN, CDE
Stefanie Rekdal, RD, CDE	Dottie Braun, RN, MSN

# Directions to Mary Washington Hospital Diabetes Management 5008 Southpoint Parkway, Massaponax Crossing (540) 741-2210

**From Richmond:** Take Interstate 95 to exit 126B-Spotsylvania. Merge onto Route 1 South. Get into left lane and turn left at the 3<sup>rd</sup> light onto Southpoint Parkway (McDonalds will be on your left side). Go approximately ½ mile pass Minnieland Daycare Center and Cracker Barrel Restaurant. We are located in the shopping center across from Cracker Barrel on the left-hand side of the street. Our office is to the right of Social Security. Look for our green sign on the red brick building and enter directly under the sign that says MediCorp Health System.

**From Washington, DC:** Take Interstate 95 to exit 126-Spotsylvania. Turn right onto Route 1 South. Get into the left lane and turn left at the 2<sup>nd</sup> light onto Southpoint Parkway (McDonalds will be on your left side). Go approximately ½ mile pass Minnieland Daycare Center and Cracker Barrel Restaurant. We are located in the shopping center across from Cracker Barrel on the left-hand side of the street. Our office is to the right of Social Security. Look for our green sign “Diabetes Management Program” on the red brick building and enter directly under the sign that says MediCorp Health System.

## Spotsylvania East Services

